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ALSO INSIDE:

Renewable Energy for North Carolina

A Uwharrie Mountains Retreat

The Ronald McDonald House

A photograph of two children sitting on a wooden dock. The child on the left is wearing a straw hat and denim overalls over an orange shirt, with their back to the camera. The child on the right is wearing a blue baseball cap and denim overalls over a striped shirt, also with their back to the camera. They are both looking out over a body of water with a forested background.

They have

vivid imaginations


little sisters that follow them around

parents that believe kids should enjoy being kids

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Jimmy Dozier of Nash County and his team of Belgian mares, Mary and Martie. Photo by Bill Jones of Rocky Mount, a member of Edgecombe-Martin County EMC.

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Jeff Wickham's photo of his campsite in Three Top Mountain, Ashe County, was selected from this month's gallery of your favorite photographs. (See pages 16–19.) He is a member of Blue Ridge Mountain EMC and lives in Murphy.



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Cooperatives serve members only— all 120 million of them

By Glenn English



During those trying times when America's forefathers were struggling for freedom and independence, Benjamin Franklin understood how risky it can be to challenge an established order. He offered these words of caution for his associates: "We must all hang together, or, most assuredly, we shall all hang separately."

Franklin applied the value of "hanging together" and cooperating when he organized the first cooperative in the country, the Philadelphia Contributorship for the Insurance of Homes from Loss of Fire. Today, more than 39 million Americans enjoy the same values as members of electric cooperatives.

Electric cooperatives were established to provide electricity to people living in rural communities in the 1930s and 1940s when investor-owned power companies saw no profit in serving rural people. Today, there are more than 900 electric cooperatives supplying power from fishing villages in Alaska to dairy farms in Vermont and the suburbs and exurbs in between. Electric cooperatives are different from other forms of business. Cooperatives put their members first because the members are the owners. Co-ops are locally owned and operated and are committed to providing safe, reliable power at the lowest possible cost.

This October, your electric cooperative is joining all types of cooperatives across the country to celebrate National Cooperative Month. Cooperatives are about neighbors helping neighbors. "Hanging together"—that's the cooperative difference.


Americans do business with a cooperative everyday. They exist in almost every industry from energy to news reporting to healthcare. Co-ops are a

huge part of the economy here in the United States and serve some 120 million members, or 4 in 10 Americans.

While cooperatives may resemble most companies in some ways, they are very different in others. One of the most important differences is that co-ops are not driven by profit. For-profit companies aim to return a profit to their shareholders. After all, these shareholders have invested their money in the business.

Like other businesses, a cooperative is still going to see its operating costs rise when the price of doing business goes up. There's no better example of this than right now when the cost of fuel to run power plants is at a record high. We work everyday to achieve operating efficiencies as we face these cost increases. We will work with you to make sure you have the information and help you need to use energy wisely. When we find it necessary to pass along power supply increases, you can trust that the decision was based on keeping the business financially strong on behalf of all members. We are not driven by the profit motive to make money for outside investors.

At a time when Americans' electric bills are going up around the country—in some places by as much as 40 percent—the co-op way of doing business is an important way to keep costs manageable.

We are not profit-driven and we don't have to impress Wall Street every quarter. Rather, we are service-driven and operate at cost. You can bank on the cooperative difference. 

Glenn English is CEO of the National Rural Electric Cooperative Association, which represents 900 member cooperatives serving nearly 40 million people in 47 states.



Kayla's heritage

These is my daughter Kayla when she was 4 last year. She is half Native American and wanted to show her heritage for Halloween.

Melissa Peele, La Grange, Albemarle EMC



Outer Banks anniversary

We celebrated our 25th wedding anniversary traveling the Outer Banks. We were excited to be surrounded by such beauty. On one side of the highway we saw brackish water sounds and the other side the Atlantic Ocean. We saw small villages cloistered in wooded patches and bustling shoppers buying little light-houses. When we reached the end of the highway in Corolla, the road turned to sand. We stopped, set our two chairs and ran to the water to wet our feet and walk along the beach. The chairs were left by an unspoiled natural landscape.

Roberto Rodriguez-Nunez, Fayetteville, Lumbee River EMC

Disheartened

This is in response to the letters in the September 2007 issue.

Just like the two writers who defended the actions of Lt. Calley, I also served in Southeast Asia during the Vietnam War. For these men to compare collateral damage to civilians during active combat to the "incident" at My Lai is horrifying. I had the privilege of knowing Hugh Thompson, the helicopter pilot who prevented Calley's platoon from killing the last few survivors at My Lai as they lay amongst the dead and dying. Calley and his group killed 347 unarmed civilians, 100 of whom were children under 8 years of age. They were lined up at the edge of a ditch and machine-gunned. These civilians were no more a threat to America than Jewish babies were to Nazi Germany before they were exterminated at Auschwitz.

It is deeply disheartening that we actually have veterans who believe this way. For you to amplify their voices by publishing these letters is a disservice to the honor and decency of our country.

Jay Bear, Former 1st Lt. U.S. Army (Airborne)

Appalled

I was appalled to find your section with reader contributions ("You know you're from Carolina country if..."). I found it insulting, degrading, grossly ill-mannered and inappropriate for a magazine that touts the finer aspects of living in the Carolinas. It was in no way funny or relevant, rather, insulting and in poor taste, playing off of old Southern stereotypes and not a true representation of anyone I know or associate with as a Carolina resident.

Lance Munday, Denver, EnergyUnited

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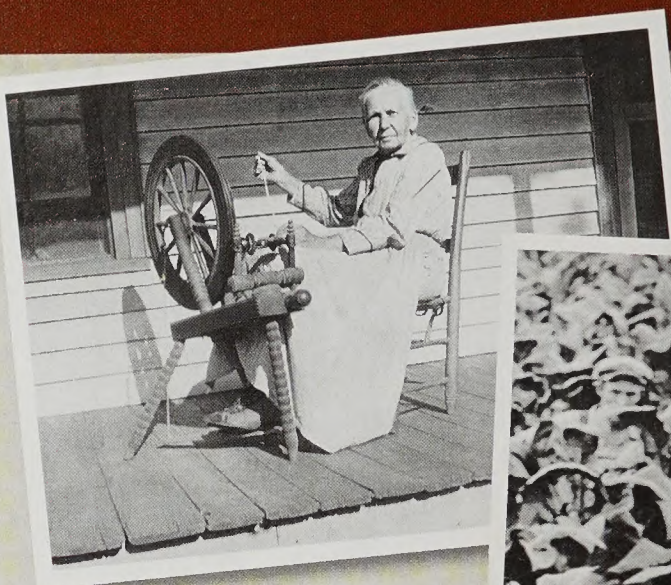
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Fuel cell technology manufacturer locates in Martin County

By Kristie Aldridge

A manufacturer of the alternative energy-producing equipment called fuel cells is setting up shop

in Robersonville and hopes to employ at least 100 people eventually.

Hydrogen-based fuel cell technology offers an environmentally friendly approach to reducing our nation's dependence on foreign oil. Three main obstacles have traditionally prevented widespread use of fuel cell technology: cost, reliability and durability. Microcell Corporation is on a mission to overcome these obstacles and deliver affordable and practical fuel cell technology to a variety of applications.

Traditionally, fuel cells have been constructed in a flat, "plate and frame" design whereby flat fuel cells are stacked on top of each other with flow field plates separating the fuel cells to maximize power flow. The end product is shaped like a cinder block. The shape of these fuel cells makes them costly to manufacture and repair. The Microcell design takes the components of the plate and frame design and, through an extrusion process, creates a fiber with all of those same components. These fibers, called microcells, are bundled together to form "unicells." The unicells are then inserted into the fuel cell unit. The extrusion process reduces the cost and time required to manufacture fuel cells, and the removable and replaceable unicells make repairing and maintaining the fuel cell efficient.

Beth Rehbock, vice president and chief administrative officer of Microcell, said the company's focus is on 1- to 5-kilowatt units aimed at the localized generation market. These units can serve as backup power operations for individual facilities. Microcell is also developing products for use in electric vehicle applications and portable electronic devices.

Why Martin County?

In 2000, Microcell began its research and development out of Advanced

Energy facilities on N.C. State's Centennial Campus. In the fall of 2001, Microcell was awarded a \$2 million grant from the National Institute of Standards and Technology and opened an office in the Research Triangle Park region of Raleigh. By mid-2006, Microcell was ready for a manufacturing facility.

Bob Goodson, a board member of Advanced Energy and COO of North Carolina electric cooperatives-owned EMC Technologies and TSE Services, advised Microcell of an available manufacturing facility in Martin County. Goodson said, "We knew it was a forward-looking technology that we wanted to support. We saw this as an opportunity for an alternative energy source that could be utilized to assist the cooperatives in running their businesses because it is an application that is very practical and could come online quickly."

Rehbock said, "We focused on the site in Robersonville because of the reception we had when we toured the facility. The community was excited about us bringing the facility there, as well as the technology."

Edgecombe-Martin County Electric Membership Corporation, the Touchstone Energy cooperative that serves the area, provided a 0 percent interest loan to the Martin County Economic Development Commission, who then loaned it to Microcell as an incentive.

Bob McDuffie, general manager of Edgecombe-Martin County EMC, said, "This has truly been a great example of cooperation between all involved in the process."

Microcell has begun manufacturing at the facility in Martin County and is administering training programs for local residents. The facility will have its ribbon-cutting ceremony on Oct. 22.

Visit www.microcellcorp.com for more information about Microcell technology.

Kristie Aldridge is a communications specialist with the North Carolina Association of Electric Cooperatives.



Where to place CFL bulbs

Q: I have begun installing the energy-saving compact fluorescent light bulbs (CFL) in my home. [September 2007] A knowledgeable friend told me that it takes as much electricity to start one as it uses in three hours of operation. If so, it seems I should be very selective as to where I install these lamps and that I should not use them in places where the lamp may be on for short periods of time.

Also, I've noticed that it takes up to 30 seconds before the lamps reach maximum brightness. Is this normal?

Bruce Snider, Advance, EnergyUnited

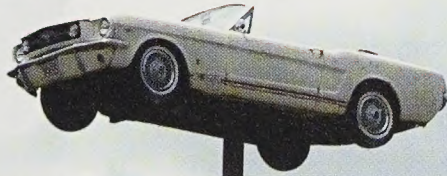
A: According to EnergyStar at the U.S. Environmental Protection Agency, turning a CFL on and off frequently can shorten its life. To take full advantage of the energy savings and long life of EnergyStar-qualified CFLs (they typically use 75 percent less energy than standard incandescent bulbs and last up to 10 times longer), it is best to use them in light fixtures you use the most and are on for at least 15 minutes at a time. Good locations include outdoor light fixtures, indoor fixtures in the living room, family room, kitchen, bedroom, recreation room, etc. This is not to say you should leave your lights on all day if you use qualified CFLs. It is still a good habit to turn the lights off when you leave the room for an extended period of time.

The bulbs usually do take up to 30 seconds to reach full brightness, but they begin shedding light as soon as they are switched on.

—Editor

WHERE IN CAROLINA COUNTRY IS THIS? →

MORE POWER TO YOU



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Oct. 5 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

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The winner, chosen at random and announced in our November issue, will receive \$25.

September winner:

The September photo showed the Rountree-Blanchard homeplace in Gates County, on Hwy. 37 in the Mintonville township between Hobbsville and Gatesville. Mark Poole of Raleigh told us, "The original part of the house was built in the 1700s. During the Civil War, Confederate soldiers slept in the hallways. The current owners, the Blanchard heirs, have owned the home and farm since around 1866 and have been designated as Century Farm members by the Dept. of Agriculture." Correct answers were numbered and the \$25 winner chosen at random was Florence Lassiter of Hobbsville, a member of Roanoke Electric Cooperative.



September

Advantages of clotheslines Nuclear energy and hot weather

I am a new member of Blue Ridge Electric and especially enjoyed the article on "solar clothes dryers." [September 2007] My grandmother, my mother and I have always appreciated the value of the clothesline. There is not an electric (or gas) dryer in the world that can duplicate the fresh smell of sheets dried in the sun and fresh air. Even my children notice the difference when their bed sheets are dried in the dryer instead of on the clothesline. Kitchen towels and wash rags are sanitized naturally and are much more absorbent. Bath towels dried in the sun provide a chemical-free exfoliate for my body when I step out of the shower.

Before my move to the country, I was the only one in my neighborhood to have a clothesline. If "city folks" knew what they were missing, there would be many more "solar clothes dryers" decorating the landscape in town.

*Malinda D. Clay
Granite Falls, Blue Ridge Electric*

For the week that ended Aug. 11, U.S. electricity output was the second-highest ever recorded at 96,955 gigawatt-hours, according to the Edison Electric Institute.

The Nuclear Energy Institute later reported that the nation's nuclear power plants posted an average daily capacity factor of more than 98 percent during the first two weeks of August. (Capacity factor is a measure of power plant efficiency, measuring the amount of electricity the plant generates compared to the amount it could have produced at continuous full power operation during the same period.)

The 104 nuclear power plants operating in 31 states have a combined generating capacity of more than 100 megawatts of electricity, enough to meet the yearly electricity needs of approximately 62 million Americans, the Institute said. Nuclear power plants account for about 11 percent of America's total electricity generation capacity, but because they operate at

high levels of efficiency and reliability, they produce nearly 20 percent of the country's annual electricity supply.

U.S. nuclear power plants have performed at an average industry capacity factor of more than 87 percent for the past seven years. Last year, nuclear plants produced the second-highest amount of electricity in the industry's history—more than 787 billion kilowatt-hours (kwh). Only three countries in the world—China, Japan and Russia—generated more electricity from all sources than U.S. nuclear power plants produced by themselves.

The Institute also pointed out that U.S. nuclear plants have operated with record-low electricity production costs for fuel and operations and maintenance expenses—1.72 cents/kwh. Coal-fired power plants produced electricity at 2.37 cents/kwh and natural gas-fired power plants had average production costs of 6.75 cents/kwh in 2006, according to Global Energy Decisions data.

New law aims to promote renewable energy for North Carolina consumers

Energy Facilities Can Benefit Rural Regions

By Andrew Meehan

The North Carolina General Assembly this summer passed legislation that could funnel millions of dollars to rural areas for renewable energy development over the next 10 years.

The new measure requires utilities to generate more electricity from renewable energy resources, such as wind, solar and biomass. The state's Renewable Energy and Energy Efficiency Portfolio Standard (REPS) mandates that by the year 2018, 10 percent of the electricity that cooperatives deliver to consumers must be generated by renewable resources or offset by energy efficiency and conservation programs. The law requires investor-owned utilities (Duke Power, Progress Energy, Dominion Power) to acquire 12.5 percent of their electricity from renewable resources by 2021.

The new law is meant to bring more renewable energy to North Carolina at a time when the demand for power is expected to grow dramatically. Projections show that over the next 30 years, North Carolina's electric utilities must supply energy to approximately 3.5 million more consumers than they already serve. The growing demand will require major new power generation facilities, as well as expanded energy efficiency programs such as incentives for efficient appliances, more efficient buildings and energy-saving programs.

Because renewable energy resources are located within rural areas, rural North Carolina could supply much of the fuel for the next generation of renewable power plants. Wind energy in the mountains and on the coast can power turbines. Electricity generated by processing hog and poultry waste can also provide some farmers with an alternative for waste disposal. Solar power advocates see potential in North Carolina. But each type of renewable energy bears its own technical, engineering, environmental and political challenges. Wind power, for example, is difficult to site in the mountains because of laws that prevent structures on top of ridges. Some in the environmental community oppose the use of hog and poultry waste to generate power.

Others, however, view energy from biomass as a positive focal point for

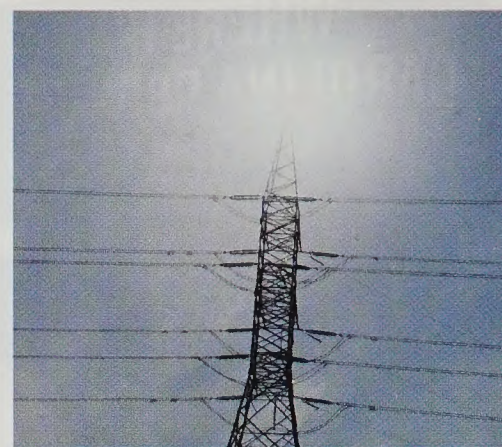
renewable energy development. Many hog and poultry operations capable of producing power from waste are in areas served by electric cooperatives.

Who pays for renewable energy?

It is well documented that power generated from renewable resources costs more than power generated from traditional fuels such as coal, nuclear energy and natural gas. The costs of developing renewable energy will be passed on to consumers. Cooperatives supported the new REPS because the costs can be contained through regulatory measures by the North Carolina Utilities Commission for a more balanced approach with possible economic and environmental benefits to rural areas. Utilities will not be permitted to charge consumers more than a phased-in cost cap found in the authorizing legislation. [See the table on this page.]

North Carolina utilities point out that the state cannot meet all of its future power needs with renewable resources and energy efficiency measures alone. To meet the demand of their consumer-members, North Carolina's 27 electric cooperatives own electric power plants and purchase wholesale electric power from major power producers. As large purchasers of electricity, cooperatives also support the construction of new, efficient power plants that use traditional fuels.


"Most legislators recognized that we can't meet future power needs of the state on wind, solar and hog waste alone," said Nelle Hotchkiss, vice president of corporate relations for the North Carolina Association of Electric Cooperatives. "Senate Bill 3 was intended to stimulate renewable energy production in North Carolina and provide a



more diverse energy portfolio for our citizens. The legislation also ensures that state policy does not shut out coal, nuclear or natural gas power plants that are built using the best available environmental *and* safety standards at the most reasonable cost. These elements are necessary to ensure a successful economic future for North Carolina."

The new legislation also considers the cost of constructing new power plants to meet growing demand. The N.C. Utilities Commission will allow investor-owned utilities to pass along to ratepayers construction and financing costs while construction is in progress. Previously, costs could not be passed to consumers until a plant was operational. As a result, the change will lower overall financing costs for power plants, and these savings will benefit consumers. The new law also will reduce consumers' "sticker shock" for a new power plant by distributing rate increases over a longer period of time.

In addition, all power plants built in the state provide an economic boost to the communities that host them.

"Power generation is just one of many issues that we face," Hotchkiss said. "We also must expand and improve our infrastructure, such as poles, wires and substations. Without a solid infrastructure, all the power in the world won't make it to the consumer at the end of the line." 

Andrew Meehan is the government affairs manager for the North Carolina Association of Electric Cooperatives.

Maximum renewable energy rate impact on consumers

North Carolina's renewable energy legislation sets a retail cost cap for renewable energy production. Under the legislation, consumers will not be charged beyond the following rates (per year) for the renewable energy portions of their bills:

Customer Class	2008–2011 Maximum	2012–2014 Maximum	2015 and after Maximum
Residential per account	\$10/yr	\$12/yr	\$34/yr
Commercial per account	\$50/yr	\$150/yr	\$150/yr
Industrial per account	\$500/yr	\$1,000/yr	\$1,000/yr

Finally, a Shine That Lasts

Miracle Polish Ends Struggle With Tarnishing Metals By D.H. Wagner



Lately, I have noticed quite a few newspapers and magazines praising a polish formulated by a homemaker. The articles report that Donna Maas grew frustrated with rubbing and scrubbing her silver, brass and other metals only to see them quickly become dull and tarnished again. Determined

to put an end to her constant battle with tarnish, Donna formulated a metal cleaner and it's transforming the industry.

Anita Gold, nationally syndicated columnist and expert on the restoration of antiques calls MAAS (named after its inventor) "The best and most amazing polish in the world." Ms. Gold wrote in her column, "A truly miraculous polish referred to as "miracle polish" that'll turn the most disastrous pieces into the most de-bright-ful is MAAS Fine Polishing Creme For All Metals, which cleans, restores, preserves and polishes to perfection any brass, copper, chrome, silver, stainless steel, aluminum, gold or any other metal with amazing results-no matter how badly stained, spotted, discolored, flood-damaged, weathered, dirty, dingy, drab, or dull they may be."

Since I had an old brass lamp in desperate need of restoration, this journalist decided to put MAAS to the test. The lamp had been stored in the garage and was in far worse condition than I remembered. I was flabbergasted as I watched the polish wipe away layers and years of tarnish. Never have I used anything so easy. The lamp actually looks better than when I purchased it. Better yet, months later it's still glowing!

The polish worked so effortlessly, I decided to refurbish my mother's antique brass and copper cookware. The badly stained pots and pans developed black spots that had been impossible to remove. MAAS wiped away years of built-up residue even from the most discolored pieces. While polishing, I noticed MAAS applying a shine on the stainless steel sink. WOW! The shine is unbelievable and although I wash dishes every day, the shine keeps on-shining. And it's no longer covered with ugly waterspots - water just rolls off the

protective finish and down the drain.

The Good Housekeeping Institute recommends MAAS for restoring heavily tarnished heirlooms stating, "MAAS cleans best and gives lasting results." The Miami Herald says, "Polishing product can renew old silver." And The Chicago Tribune headline sums it all up by proclaiming "One Amazing Polish Is The Best At Everything."

How did a homemaker come up with something the industry's experts couldn't? The reporter in me had to find out.

During our interview Donna explained, "I enjoy the warmth that beautifully polished metals add to a home. However, not the hours it took to keep them tarnish free. The harsh cleaners left my hands dry and burning - one instant silver dip smelled so bad I felt sick. That's when I became determined to find a better way to care for the metals in my home."

And that she did. Her formula developed with a chemist friend, has a mild scent and feels like a hand cream. It's non-flammable, highly concentrated and leaves a deep, rich one-of-a-kind luster beyond anything I've ever seen.

"To my surprise," Donna reveals, "the formula far exceeded my original goal. MAAS completely renovated a sun-damaged fiberglass boat, removed residue from glass fireplace doors, polished up clouded crystal and glass vases, wiped scuffs and stains from linoleum, plastic lawn furniture - it even reconditioned a Plexiglas windshield. The restorations were so remarkable everyone suggested that I sell my invention on television".



Donna sent samples of her polish to televised shopping channels and both QVC and Home Shopping Network asked Donna to personally appear on TV to demonstrate her product. Within minutes of Donna's first appearance the phones lit up with hundreds waiting on line to place their orders. As soon

as viewers saw how effortlessly MAAS removed tarnish, stubborn spots, and stains from the piles of badly oxidized metals on stage - MAAS hit big time. 17,000 viewers called during MAAS' debut and encore performances quickly brought a million dollars in record-breaking sales.

Sheila Oetting in Florida wrote Donna saying, "Thank you, for a wonderful product! Family treasures with 30 years of tarnish, grime and corrosion are gleaming. I'm so thrilled to see the beauty that had been hidden all those years."

Leona Toppel, was about to throw away a brass chandelier. "No amount of elbow grease could shine it up. With very little effort (a big plus since I suffer from arthritis) MAAS made that chandelier look like new. It's been years and to everyone's surprise it's still glowing."

Boeing and McDonnell Douglas tested and approved the polish for use on jet aircraft. The U.S. Air Force, Army, Navy, Coast Guard and Department of Defense worldwide have ordered MAAS. If

every branch of our military is using this polish to pass inspection, imagine what it will do for your home.

"MAAS outperforms every cleaning product I've tried," Donna beams with satisfaction. "So if you're as tired as I was of cleaning metals just to see tarnish reappear a few weeks later, MAAS it!"

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This makes me happy

By J. Michael Davis

What makes you happy? Can you answer that question quickly?

Here's a sampling of my happy list: playing ball with my twins, seeing a good report card or a positive note from the teacher, eating at my favorite restaurant, spending time with my family at the beach, working with the youth at church, volunteering with the Ronald McDonald House of Eastern North Carolina. The list could go on, and I feel fortunate to find happiness in so many ways.

Today when we contemplate the concept, we try to capture the essence of happiness and understand what makes us feel content on a basic, psychological level. True happiness does not come from any single trait or success, but rather from a collection of life experiences. Each new meeting, program, event, interpersonal interaction or any general experience becomes a part of us and serves to enrich our lives.

One way that my life is rich and rewarding is through my association with the "home away from home" at the Ronald McDonald House of Eastern North Carolina. If "home is where the heart is," this wonderful facility represents home. Its banner mission or "heart" is to provide refuge and a shelter of hope and assurance to the loved ones of those under serious medical care at the hospital. The House has helped lift the weight off many heavy hearts so that families can meet their basic needs while awaiting the treatment and recovery of loved ones.

My association with the Ronald McDonald House began in a very personal way. I am the proud father of twin boys, Lance and Nolan. When Nolan was four days old, he had difficulty breathing. My wife, Bernice, son Lance and I stayed at the Ronald McDonald House for six nights. Being 60 miles from home, it was very convenient to be able to stay across from Pitt Memorial Hospital. At the House, we found a warm bed, a fully-stocked kitchen, and personal support, compassion and understanding. We truly were touched by the unconditional support we experienced. Our lives were changed forever.

Since 1998, my friends, co-workers and the community have supplied many items from the House's "wish list" and prepared meals for families. Imagine having a kitchen large enough for several families to cook in at once, two dishwashers, three washing machines, three dryers, 18 bedrooms and 20 bathrooms. Thousands of dollars have been raised through the "Share a Night" program. Families typically pay a nominal fee of \$10 per night to stay at the House, but less than half of them can afford to pay. We have sold T-shirts to help provide shelter, food and comfort for families. Our electric cooperatives of North Carolina and Touchstone Energy became the title sponsor of the Touchstone Energy Open golf tournament. Since 2004, we raised over \$100,000 for the House.


The unconditional love, endless compassion and tireless support provided by the Ronald McDonald house of Eastern



Nolan Davis (left) was treated at Pitt Memorial Hospital when he was four days old. His twin brother Lance, along with their parents Mike and Bernice Davis, stayed nearby at the Ronald McDonald House.

The Ronald McDonald House of Eastern North Carolina is a refuge and shelter for families awaiting hospital treatment of loved ones.

North Carolina form the essence of a great tradition, a tradition of hope and dedicated service. The heart and soul of the Ronald McDonald House rest in the purity of its purpose, to provide love and comfort to neighbors in need.

This home away from home that serves as a beacon in the darkness for so many families needs our support. Please consider allowing the Ronald McDonald House to touch your life in a similar manner by making a monetary donation, purchasing a "wish list" item or two, or preparing a warm-cooked meal for families. Your expression of love will return to you in many forms. May your happiness abound! 

Michael Davis has been a board member of the Ronald McDonald House since 2004. He is general manager of Tri-County EMC, a Touchstone Energy cooperative serving more than 20,400 members in Wayne, Duplin, Lenoir, Johnston, Jones, Sampson and Wilson counties.

North Carolina Ronald McDonald Houses serve families near hospitals in the Chapel Hill, Durham, Greenville and Winston-Salem areas. For more information: Ronald McDonald House of Eastern NC, 549 Moyer Blvd., Greenville, NC 27834. Phone: (252) 830-0062.

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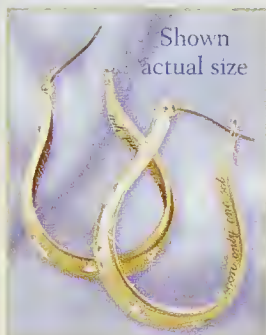
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An earth-friendly Uwharries retreat

Text and photos by Michael E.C. Gery

If you stay in the house at 3743 River Road, just down from the Uwharrie community in Montgomery County, you get the feeling that you're part of the earth. You're surrounded by wood, stone, glass, water, light and a spirit that all seem to have been in these mountains forever. That's because they all grew right here.

And you *can* stay at 3743 River Road. It's a rental retreat for people looking to enjoy the ancient spirit of the Uwharrie Mountains, the lazy Uwharrie River, the neighboring National Forest and nearby Morrow Mountain State Park.

It's called The Underground House because it was built into the earth. The back, sides and top of the house are inside the earth. On the front, beneath an overhang made of local timber, all the windows look out to the morning sun rising over Buck Mountain and a peaceful pond just outside the door.

The natural feel comes inside the house, too: a cool stone floor, local drystack stone walls, timber posts and beams, outdoor light from four new skylights, natural ventilation, cedar closets, aspen wood furniture, wooden ceilings, stone fireplace with gas logs, quartz countertops, a deep copper sink, and a rainfall shower that feels like a refreshing spring-time soaker.

The guestbook records the testimony of others who have enjoyed this place. "It's close to nothing and everything at the same time," said one. Another in August said, "Even though temperature outside was close to 100, the house stayed cool inside, a welcome haven." Another summed it up: "God is in the details."

One reason the inside stays nice is its new, electric geothermal heating and cooling sys-

tem. Pipes run from the pond underground to circulate water that maintains a constant, moderate temperature (in the 50s) that can naturally cool the place in summer and carry underground warmth inside in winter, enough to help heat the domestic water supply, too.

Interestingly, the house was built in 1980. It was a time when smart, conservative energy use was coming into style. Jason Parson built it then, following a trend he'd seen elsewhere in the U.S. At the time, Randolph Electric Membership Corporation, the Touchstone Energy cooperative that serves this region, ran a Carolina Country newsletter feature on the house as a model for conserving energy.

Leon Peele, a one-time Eagle Scout and Boy Scoutmaster who is a dentist in nearby Albemarle, was intrigued by the place two years ago while roaming the area in search of a wilderness abode. He inquired locally about the house and eventually bought it from the Parson heirs who had not had time to keep it maintained. Peele worked with Charlotte architect Steve Onxley and builder-craftsman Jason Tapia, who lives nearby, to transform and modernize the house.

The Underground House has human creature comforts as well: luxury leather living room furniture, complete kitchen appliances, whirlpool tub, laundry, game tables, smoke-free and pet-free air, outdoor barbecue area and horse barns, and a land-line phone that serves where a cell phone will not. There are two bedrooms and two full bathrooms. Rental arrangements can be made for a two-night stay, a week, or more. ☎

Visit www.uwharriemountainrentals.com to learn more or phone (910) 571-2890.

A Day in the Uwharries

You can get to know the Uwharries this month at the second annual Uwharrie Mountain Festival on Saturday, Oct. 13. Events are scheduled at King's Mountain Point in the National Forest and Eldorado Outpost. Shuttle service runs all day. The line-up includes a lumberjack competition, bike ride, trail run, orienteering, paddling, geocaching, gold panning, kids events, storytelling, music and food. Visit www.uwharriemountainfestival.com

Left: Leon Peele modernized the place this past year, including installing four new skylights in the "roof."

Right: Morning light peeks at the house from Buck Mountain in the Uwharries.



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Black-eyed Susans of summer

The black-eyed susans were blooming against a rock column that supports a parking lot light at Pinewood Country Club in Asheboro. I love summer colors.

Amanda Varner, Asheboro, Randolph EMC

In the kitchen house

The structure originally used as our home's kitchen, usually referred to as a "kitchen house," sits empty behind our home. One hot afternoon, my husband could not find our 2-year-old son in the yard. He called out for him and was answered by the baying of our trusty beagle. The pair was quickly located in the kitchen house window, taking a break from the heat.

Dallas Pender, Ayden, Pitt & Greene EMC



Legendary Harris pumpkins

Last fall I saw that my neighbors Fred and Flora Harris had the most beautiful and picturesque pumpkin harvest that I had ever seen. I found out that Fred Harris' family has been raising pumpkins and saving the seed in Rutherford County for more than 70 years. Fred remembers helping his daddy in the pumpkin fields when he was a little boy. Last year they harvested literally tons of pumpkins, their best crop ever.

Todd Elliot, Union Mills, Rutherford EMC



Her ducklings on Tillery

This is on Lake Tillery just under the reflection of Morrow Mountain. A hen and her ducklings peruse the shore in search for a morning snack and a chance to stretch their feathers.

Phillip Brown, Star, Randolph EMC

Thanks to everyone who sent pictures for this year's collection of your favorite photos. We wish we had space to publish more of them. See more at our Web site www.carolinacountry.com. Next month we'll publish your stories and photos of kids crafts. [Deadline was Sept. 15.] For more themes and rules



in our "Nothing Could Be Finer" series, see page 18.



Looking out from Camp Knob

Donnie McNeilly and his dog Coco are enjoying the view from the top of Camp Knob Mountain in Casar while out squirrel hunting. I don't know who is enjoying the view more, Donnie or Coco.

Sara McNeilly, Casar, Rutherford EMC

The expression of Thanksgiving

This picture of my daughter Corrie was taken by her Uncle Jonathan on Thanksgiving Day. We had all gathered at my parents' farm in Macon County. The kids spent most of the day swinging on a tire swing under a giant oak tree in their backyard. The memory of her swinging in the sunshine still makes me smile.

Christine Kinsland, Otto, Haywood EMC

Brothers

I took this picture of my sons, Jack and Sam, at Blue Jay Point Park in February 2007. They look like typical boys with their boots and rocks. Amazing that they sat still for this photo—a reminder to relax and enjoy nature, even if it is just for a moment or two!

Kristine Fletcher, Wake Forest, Wake Electric

October in Jackson County

This photo was taken in October 2006 in Jackson County near Cashiers. While looking for a hiking trail, I passed by a beautiful mountain view. I recommend Jackson and Transylvania counties and Whiteside Mountain near Cashiers to observe the return of peregrine falcons to their nesting sites in the spring.

Becky Yost, Durham, Piedmont EMC

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your best
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Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

December 2007

Holiday Recipes

Recipes for your favorite holiday meals.

Deadline: October 15

January 2008

How We Met

Was it love at first sight, or did it take awhile?

Deadline: November 15

February 2008

My First Job

Your stories of entering the working world. Send photos.

Deadline: December 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.

5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.

8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616 Or by e-mail: finer@carolinacountry.com Or online: www.carolinacountry.com



Double Gypsy Dancer

This is Megan Smith, 11, and Double Gypsy Dancer, a spotted walking horse, having a quite moment between classes at the Sen. Bob Martin Agricultural Center in Williamston. Megan and Dancer were attending the Firecracker Jubilee/Liberty Classic Horse Shows July 6 and 7, 2007. The shows are affiliated with the National Walking Horse Association which is dedicated to the natural walking horse. North Carolina has some of the finest horse show facilities in the Southeast.

Susan L. Hester, Autryville, South River EMC



Katherine amazed

This is my daughter Katherine in September 2006 at Pine Knoll Shores. She had just turned 2 and was eagerly awaiting her first trip to the ocean. After an hour of wandering up and down the beach, collecting seashells and dancing in the tide, her little legs were coated in sand and her shorts and pink shirt soaked with seawater. I love the expression on her face, mesmerized by the water, unaware of the rest of the beach around her.

I hope that as she grows up and makes many more trips to the ocean that her eyes always reflect the amazement and wonder of discovery.

Laura Panebianco, Wake Forest, Wake Electric



Remember the Triple S Pier

This photo was taken in June 2005 during the annual "Take a Kid Fishing" event. One day out of the year they have the best time of their lives with volunteers catering to them for lunch and dinner, plus all of the fishing gear and bait so they can fish for free. This is all due to the graciousness of sponsors of the Take a Kid Fishing foundation. I am a volunteer for this amazing event.

But this pier, the Triple S Pier in Atlantic Beach, no longer exists. We are losing our fishing piers, and I think that is a shame. It is getting harder to find a pier for this event. I grew up fishing on this coast as a visitor from Benson and now as a resident. I will always treasure this photo. 📷

*Angie Tate, Stella,
Carteret-Craven Electric Cooperative*

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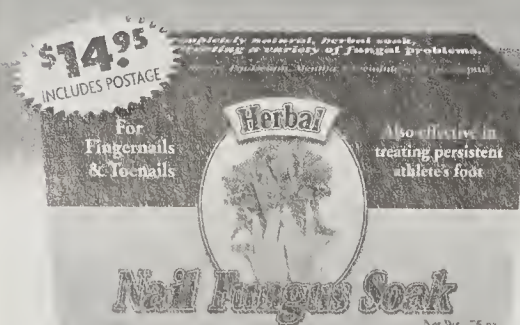
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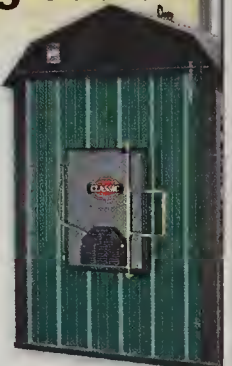
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Cooperatives are watching climate change policy moves in Washington

The National Rural Electric Cooperative Association issues a position statement

Over the last 20 years, the U.S. and other countries have debated how to address the increase in greenhouse gases in the atmosphere. Carbon dioxide (CO₂), the primary greenhouse gas, is also a product of fossil fuel combustion. CO₂ has increased in atmospheric concentration from a pre-industrial level of 280 parts per million to about 383 parts per million today. Many scientists believe high greenhouse gas concentrations will result in a warming of the earth's atmosphere and changes in the climate, melting of the polar ice caps and sea level rise.

In Washington, both Congress and the Administration are debating how to address climate change. President Bush opposes mandates and supports voluntary reductions in greenhouse gas emissions through his Global Climate Change Initiative. The goal of the Global Climate Change Initiative is to reduce greenhouse gases intensity by 18 percent over 10 years through a variety of voluntary actions.

The National Rural Electric Cooperative Association (NRECA) participates in this effort as part of an electric industry program called Power Partners to enhance the efficiency of electricity generation, transmission and distribution, all of which help reduce greenhouse gas intensity. NRECA also signed a memorandum of understanding with the Department of Agriculture to identify ways to reduce emissions. This effort includes activities or technologies that reduce, avoid or sequester growth of greenhouse gases, and explore the development of renewable energy by reducing technical and market barriers. Cooperatives are also expanding research and development of new electric technologies.

NRECA Position

Electric cooperatives are prepared to work with Congress to develop responsible climate change legislation. Because more than half of U.S. electric production and more than two-thirds of electric co-op generation is from coal, NRECA's membership is keenly interested in developing responsible, cost-effective proposals to mitigate greenhouse gas emissions. Electric co-ops believe any effort to address climate change must focus on developing and deploying new technologies using appropriate incentives. Co-ops believe any proposal must also consider the economic costs of the plan and not cause significant negative impacts, must cover the entire economy, and must address emissions from other nations.

NRECA does not, at this time, have a specific policy proposal to recommend to Congress or support a particular bill. However, any policy must meet certain principles before being passed by Congress. NRECA urges Congress to only support legislation that meets these principles and protects electric co-op member-consumers from significant negative economic results from any climate change program:

Economy-Wide. Cover emissions from all economic sectors, not simply electricity generation, and should include provisions to ensure that other nations, including both developed countries and developing countries, are enacting policies to address this issue within their borders.

Fuel-Diverse. Maintain fuel diversity, allowing a variety of fuel sources to meet the nation's energy and economic needs. Provisions to encourage new nuclear generation should eliminate any barriers to cooperatives participating in new projects with non-cooperative partners and should grant cooperatives the right to participate in new nuclear projects.


Minimize Negative Economic Consequences. Include provisions, such as an economic safety-valve, to protect the U.S. economy from significant negative impacts. Additionally, Congress should work to protect both rural and urban consumers from any significant negative economic impacts from climate change legislation.

Terrestrial Sequestration-Focused (short-term). Recognize that in the short term, terrestrial sequestration, conservation and energy efficiency appear to be among the most cost-effective methods of mitigating greenhouse gas emissions at this time. Additionally, it should recognize that sequestration can provide benefits to rural areas and agricultural- and forestry-based economies.

Technology-Focused (long-term). Recognize that in the long term, new technologies including the capture and sequestration of carbon dioxide from power plants will be critical to addressing this issue, but cost-effective, commercially-available technologies are still in development and are years or decades away from large-scale commercial applications. Every effort must be made, and appropriate funding provided, to accelerate the research, development, demonstration and commercialization of these technologies. Additionally, potential liability issues associated with the injection and geologic storage of carbon dioxide should be addressed.

Provide Equitable Incentives. Encourage cost-effective reductions and should make incentives available to all segments of the utility industry to develop and deploy advanced electric generation, transmission and distribution technologies.

Protect Economic and Energy Security. Recognize that climate change policy and energy policy are inextricably linked, and that climate change policies can have a significant impact on our nation's economic and energy security.

Remove Existing Regulatory Barriers. Remove regulatory and other impediments to increasing the efficiency of existing generating units. 





Ghost Lights on Brown Mountain

By Michael Renegar

The Brown Mountain Lights are one of the best-documented, unexplained phenomena in North Carolina. People have traveled from all over the world to see them. Scientists have tried unsuccessfully to give a natural reason for the lights. No one knows for sure what they are, but one thing is certain: the lights are real.

There are many tales about the origins of the lights. The most common story originates in the 1850s. A man murdered his young wife and their child, then buried their remains in a hidden grave on remote Brown Mountain in Burke County, near the Caldwell County line. When searchers later went looking for the bodies, a mysterious light guided them to the grave.

Though a good story, this can't be the origin of the lights because they'd been seen much earlier.

Another popular legend, which became a bluegrass song, was of a devoted slave whose master disappeared on the mountain. The slave spent days and nights searching but couldn't find his master. Supposedly his ghost is still looking. The lights were seen earlier than this tale, too.

The first documented sighting by white men came in 1771. A German engineer surveying the area reported seeing "strange lights" on the distant ridge.

Native Americans who lived in the region had seen the lights for centuries before that, back as far as 1200 A.D. Cherokee legends tell of a fierce battle between two warring tribes that took place on and around the low ridge of Brown Mountain. Hundreds of brave warriors died there. When their loved ones didn't return, the women searched for their bodies by torch light. Shortly thereafter, the lights began to appear.

Over the years many explanations for the lights have been given. Some have said they are caused by swamp gas. (There's not a swamp for miles around.) Others said the lights are reflections on the clouds. (The lights usually don't show up when it's very cloudy.)

One scientist carefully studied the problem and pronounced the lights were produced by the angle of the Highway 181 overlook. He decided, "One is actually looking down, beyond the mountain, seeing streetlights, car lights, and train lights." (In 1771 there were no towns in that area with street lights, not to mention cars or trains.)

In 1916 and again in 1940 major floods swept through western North Carolina. Roads and railways were washed

out, and power was out for long periods. The lights still did their thing, oblivious to the natural disasters around them.


Some of the Brown Mountain Lights just flash, and are gone as quickly as they come. Others remain a while. They glide along the ridge, or rise into the sky and wink out. The lights appear irregularly, randomly, shimmering and disappearing. Sometimes there is only one, while other times several appear at once. Some people have reported seeing 10 or more at the same time.

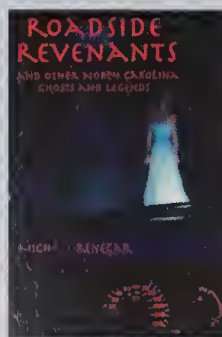
The best time to see the lights is on a clear, dark, moonless night. Around 10 p.m. is usually a good viewing time, although the lights do often show up earlier. Some people say it's best to see the lights in the summer months, but they can be viewed year-round. They've been spotted in every month.

If the weather is rainy or cloudy, the lights will disappoint you and not show, or they appear sporadically. At other times they'll dazzle you.

Ancient Native American ghosts? Murdered spirits? A faithful servant? Alien spaceships? Who knows? Whatever they are, the Brown Mountain Lights continue to mesmerize and mystify.

Viewing spots

- Lost Cove Overlook, Blue Ridge Parkway
- Brown Mountain Lights Pull-off, Highway 181
- Wiseman's View, Off Highway 181
- Grandfather Mountain, Linville, N.C. 



The book

Excerpted from "Roadside Revenants and Other North Carolina Ghosts and Legends" © by Michael Renegar, with permission of the publisher, Bright Mountain Books, Inc. "Roadside Revenants and Other North Carolina Ghosts and Legends" is a collection of contemporary and historical spooky tales. Michael Renegar lives in East Bend, Yadkin County. Softcover, 176 pages, \$12. Phone: (828) 628-1768. Web: www.brightmountainbooks.com

Have you seen this already?

by Charles G. Joyner

"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

I thought of this quotation from Shakespeare's "Hamlet" when I read a column written by Bob Terrell in the Asheville Citizen-Times in August 2006. When Terrell was in the army at Fort Ord, Calif., in the early 1950s, he caught a ride home to Sylva, N.C., with a friend named Bo Mashburn. Driving through Arizona, Bob suddenly had the feeling that he knew where they were, although he had been in Arizona only once, passing through on a troop train.

"I've been here before," he told Bo. "I don't know when, but around that next curve is a log cabin on a hill under a pine tree."

Sure enough, when they rounded the curve, there on a hill was a lone pine tree, but no log cabin. However, an old chimney gave mute evidence that a structure had stood just where Bob had envisioned it.

Terrell had experienced something similar in 1952 when he and some buddies went to Watsonville, Calif., one weekend to see the Miss California beauty pageant. None of them had ever been to Watsonville, but as they were walking down a street Bob had the eerie feeling that he had been there before. He started calling off the names of the cross streets they were approaching, before they were close enough to read the street signs. "And I knew them all," he said.

Such experiences, known as *deja vu* (French for "already seen"), don't seem to be uncommon. According to Wikipedia, 70 percent of people say they have experienced it at least once. But few have witnesses to their precognition.

Most people who speak of *deja vu* are more properly speaking of *deja vecu*, usually translated as "already



lived." It's an experience recalled in a great amount of detail, often related to a very ordinary event.

Charles Dickens wrote of such a sensation: "We have all some experience of a feeling that comes over us occasionally, of what we are saying and doing having been said and done before, in a remote time—of our having been surrounded, dim ages ago, by the same faces, objects and circumstances—of our knowing perfectly what will be said next, as if we suddenly remember it!"

Hawthorne, Sir Walter Scott, St. Augustine and Tolstoy, among others, all have written of such a feeling.

Another term for what Bob Terrell experienced is *deja visite*, meaning "already visited." Wikipedia reports that dreams, reincarnation or out-of-body travel have been cited as explanations for this phenomenon.

Watson Sims, another Asheville resident, has written of a paranormal experience told to him when he was in India many years ago. Harry Robinson, a professor on leave from Stanford University, lived in the same hotel with Sims, and the two occasionally dined together.

Robinson told Sims that, on a visit to Bnares, he entered a temple and was greeted by a Hindu holy man who said, "Harry, we've been waiting for you."



"You haven't been waiting for me," Robinson replied, and fled.

Elizabeth J. Marsh, an assistant professor of psychology at Duke University who specializes in more orthodox studies of memory, had no particular interest in *deja vu* before she was asked to review the manuscript of a book, "The *Deja Vu* Experience: Essays in Cognitive Psychology," written by Alan Brown, professor of psychology at Southern Methodist University. "I came at this as a student of basic memory and memory errors," she says in her review. "But I became fascinated by what Alan had to say about the *deja vu* literature. He described all of these funky little findings—that people who travel frequently, for example, are more likely to experience *deja vu*."

Brown wants to find out why political liberals report more frequent *deja vu* experiences than conservatives do, and why *deja vu* experiences become less common as people grow older. At Elizabeth Marsh's Duke lab, memory projects span a variety of areas, including eyewitness testimony, *deja vu*, autobiographical memories and the educational implications of testing.

If you have an eerie feeling that you have read all of this before, remember what Yogi Berra is said to have said: "It's like *deja vu* all over again!"

New tourism center opens this month

Parkway offers postcard views for leaf-peepers

By Karen Olson House

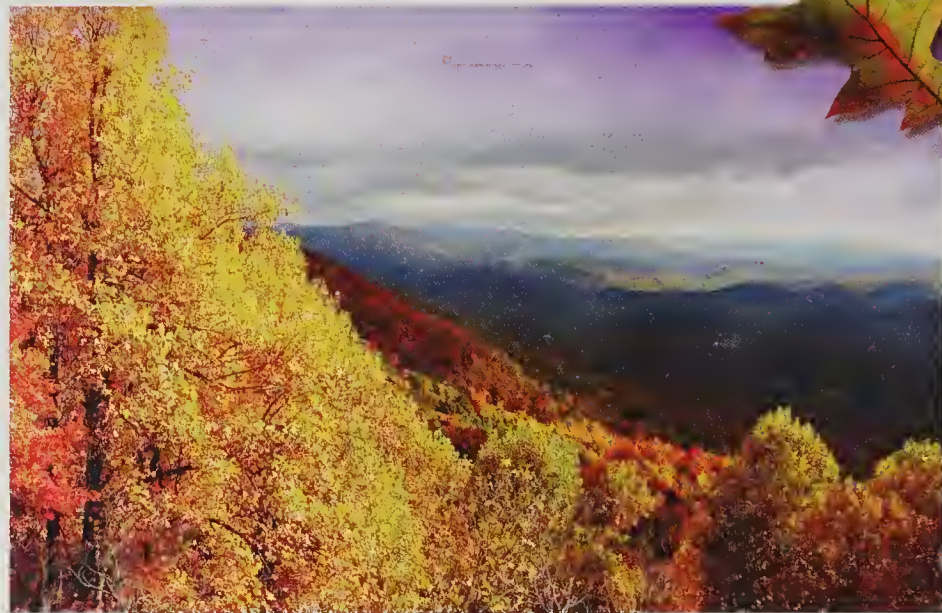
One of the best ways to enjoy October's fall color is by driving the Blue Ridge Parkway. Free from billboards and designed to be slow-paced, it's chock-full of sweeping, memorable views.

This fall, volunteers and staff at the new Blue Ridge Parkway Destination Center near Asheville can help leaf-watchers with their trips. Scheduled to open early October, the 12,000-square-foot facility located at Milepost 384 features a large interactive map and exhibits on regional recreation, natural and cultural diversity.

Ten kiosks sell tickets to regional attractions, outdoor activities and tours. You can also buy the new Go Blue Ridge Card there. The card, also sold online at www.goblueridgecard.com, provides savings on food, lodging and discounted general admission to more than 25 attractions in the Smokies, High Country and Asheville areas.

A bookstore, auditorium and a 25-minute movie round out the Center's offerings. The building is environmentally friendly, with native plants growing from a sod roof and glass panels to collect heat to warm the building.

The Parkway, which stretches from Shenandoah National Park near Waynesboro, Va., (Milepost 0) to Great Smoky Mountains National Park near Cherokee, N.C., (Milepost 469), has numerous overlooks, picnic areas and campgrounds. Two seasonal lodges in North Carolina provide a place to stay spring through fall. Bluffs Lodge and Coffee Shop (Milepost 241) at Doughton Park overlook a tranquil mountain meadow. There are no in-room phones or TVs and its coffee shop has changed little since it opened more than a half-century ago. Its cuisine includes skillet-fried chicken and sweet potato pancakes. Pisgah Inn and Restaurant, Milepost 408 at Mt. Pisgah, has views from the inn and dining room and serves treats such as smoked trout and homemade meatloaf.



Pisgah National Forest in the Blue Ridge Mountains.

There are many more choices for lodging and food a short drive off the Parkway in intriguing communities and towns such as Little Switzerland, Black Mountain, Boone and Blowing Rock.


The soaring Linn Cove Viaduct (Milepost 304), a design and engineering marvel, is one of the most spectacular stretches. Snaking around Grandfather Mountain with awesome views, it is said to be the most complicated concrete bridge ever built.

For hikers, Linville Falls (Milepost 317) has a magnificent three-tiered waterfall plunging into Linville Gorge. The short but steep trail up Waterrock Knob (Milepost 451) is considered one of the most visually rewarding trails, with three mountain ranges visible from the 6,400-foot summit. In Mount Mitchell State Park (Milepost 355), you can see rolling ridges and fertile valleys from the highest peak (6,685 feet) east of the Mississippi. Chimney Rock Park (Milepost 384.7) boasts a 75-mile view and includes the falls used in the movie "The Last of the Mohicans." It's also a good place to view fall hawk and monarch migrations.

Parkway Contacts

The Parkway information line at (828) 298-0398 has updated information on facilities, activities and road closures. Its Web site is www.nps.gov/blri

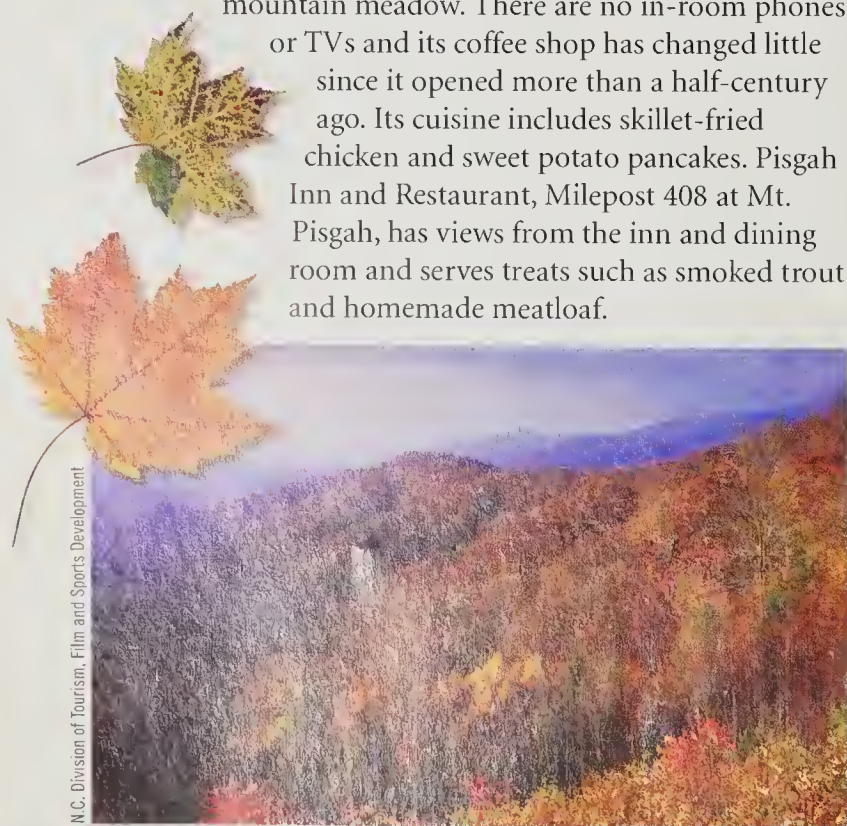
Fall Color Sources

These Web sites offer foliage reports and information on scenic drives, leaf facts, and photography tips. Travelers can also call a free, leaf-peeping hotline and ask questions about routes, events, lodging and dining. 

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Newfound Gap in Great Smoky Mountains National Park.

Where do brown pelicans go?

Text and photos by Michael E.C. Gery

Most people can recognize a brown pelican winging over North Carolina's coastal waters. They wheel high, or flap along in patrols just offshore, then suddenly dive hard for a fish. They're big and goofy-looking as they stand on a fishing pier or waddle along, hanging their big bill downward to hide their pouch as though it embarrasses them.

But 30 years ago we would not have seen many pelicans here. In the mid-1970s, wildlife authorities reported no more than 90 breeding pairs of brown pelicans in North Carolina. Today, there are maybe 40 times that many.

What happened?

In late 1800s America, hunters prized these birds for their feathers, along with egret and heron plumes, to adorn ladies' hats. Fisherman shot them, too, because they believed pelicans robbed their fisheries. Use of pesticides after World War II, especially DDT, evidently contaminated the fish pelicans eat and weakened their eggs. Pelicans incubate eggs with their feet, so their weight tended to break the eggs. DDT was banned in the U.S. in 1972, and the 1973 Endangered Species Act protected brown pelicans. Since then, their population has increased. In 1985, brown pelicans were removed from the Endangered Species List, though they remain rare in some of their traditional nesting grounds.

Thanks to a nationwide program begun in 1966, we know more about where pelicans—and other birds—go and how they're doing and how long they live. The North American Bird Breeding Survey conducted here by the U.S. Geological Survey sends about 2,400 skilled birders to follow more than 400 species over 3,000 routes on the continent. They place uniquely-labeled metal bands on young birds' legs to identify them. An informal network of observers—anyone can find and report a band—supplies information to the USGS Bird Banding Laboratory in Maryland, which “serves as an early warning system” about changes in bird movement and mortality.

Over the years bird banding has suggested, for example, that brown pelicans are beginning to move farther northward. North Carolina's coast historically has been their northernmost habitat, but brown pelicans recently have been reported in the Chesapeake area. One was found off Nova Scotia, Canada. “He was a celebrity bird,” says John Weske who works with the USGS banding project. “They shipped him to Washington, D.C., on a train.”

John Weske this summer led waterbird banding excursions off Cedar Island, Harkers Island, Hatteras and Ocracoke. U.S. Fish & Wildlife staff and volunteers, including me, joined him to help hold young birds while experienced banders clamped the metal on their right legs.

“If they're naked, they're too small,” Weske told us volunteers at a pelican banding trip in July near Oregon Inlet. Pelicans selected for banding are chicks too young to fly but hefty enough to handle the metal ring. While their parents



Pelican banding trip near Oregon Inlet. *If you find a bird band (they look like thick, stamped wedding rings—see pelican legs in lower left photo), call the toll-free number on it and report the ID number. That's 800-327-BAND (2263). Or report it online to the Bird Banding Laboratory at www.pwrc.usgs.gov/bbl*

watched from nearby dunes, we banded maybe 600 chicks that morning. Weske, who has banded shorebirds for 20 years, planned to return in about three weeks to band the remaining birds, he said, “unless a hurricane gets them first.”

Like other “colonial” waterbirds, pelicans prefer nesting on islands where humans and other mammals are unlikely to visit. Increasingly these are “spoils” islands created by dredges that open boating channels by sucking up sand and depositing it nearby. Dredge spoils islands don't yet have feral cats, minks, off-road vehicles and other predators that kill chicks. “It's interesting that the birds raise their young here on islands made by man, who drove them off in the first place,” Weske said. On the Oregon Inlet spoils island, we did find other hazards, however, including fishing line and balloon ribbons that entangle, cripple and strangle them.

Brown pelicans live less than 10 years, though one geezer was found to be about 40. Many of the bands found on the Oregon Inlet spoils island (known as USGS Island M N) will be from birds who were born here, Weske said. “They come back here to die.”



See more photos of pelican banding on our Web site at www.carolinacountry.com

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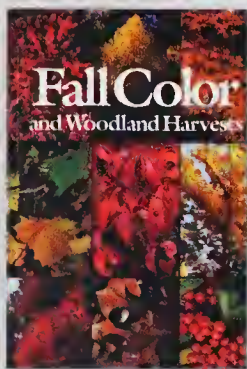
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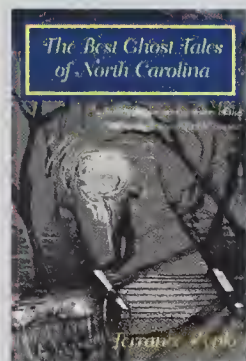


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The Great Smoky Mountains Railroad, with depots in Bryson City and Dillsboro, is offering a special Peanuts train ride for children in October. The train ride is a total of three hours, which includes an hour and a half at the pumpkin patch. Upon arrival there, guests will be greeted by Charlie Brown and Lucy. Activities include face painting, trick or treating, petting zoo, hay bale maze and hay rides. Each child selects his or her own pumpkin to take home. There are no ghosts or goblins on this adventure, just Halloween spirit. "Peanuts, The Great Pumpkin Patch Express" is scheduled to depart from the Dillsboro Depot on October 12, 13, 14, 19, 20 and 21, then consecutively from Oct. 26-31. Tickets are \$20 for children over 2, and \$42 for adults.

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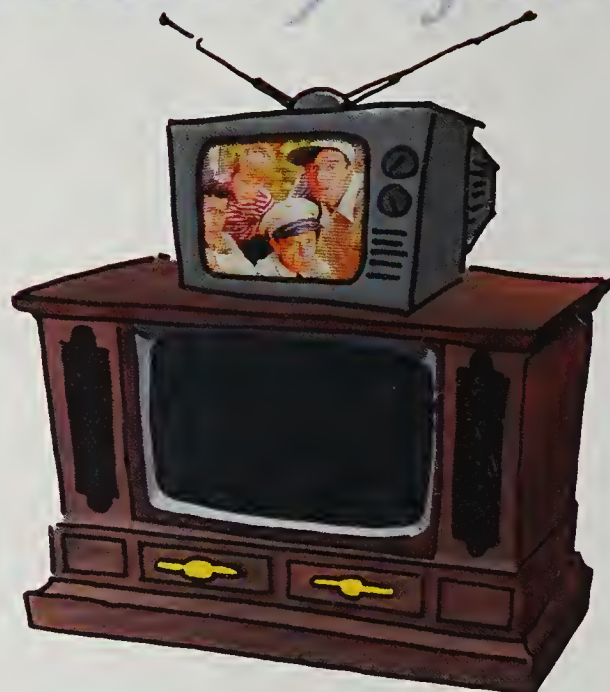
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Dwight Murray, Pembroke

**From Lillie Rorie, Siler City**

- ... You rolled around on the den floor holding your "bat breath" waiting for Batman to come back on TV after the commercials.
- ... You scooped snow off the family car so that Daddy could make snow cream by mixing snow, evaporated milk and vanilla flavoring.
- ... You froze grape Kool-Aid in metal ice trays to make cool pops.

From Marvin Bass, Huntersville

- ... You got white margarine in a plastic pouch with a bubble of dye in it, and the kids in the family argued to see who would get to squeeze the pouch until it was yellow like butter.
- ... You had ration stamps to get sugar, but the grocers kept the sugar for their close friends and relatives, so you used Dixie Dew syrup to sweeten your tea.
- ... You walked the railroad tracks to go to the Southern States fairgrounds.
- ... When your roller skates wore out you used the wheels and two-by-fours to make a scooter.
- ... You took scrap metal to the schoolhouse for the war effort and got a sweatshirt and cap making you a Junior Commando.
- ... You bought 10-cent war stamps to put in a book to earn a savings bond when the book was filled.

From Melissa Taylor, Tarboro

- ... You know everyone's first name: Honey, Darlin, and Shuga.
- ... You know exactly how long "directly" is, especially if you'll return directly.
- ... You also know that a "right far piece" could be up to 20 miles.
- ... Instead of screaming obscenities at little old ladies who drive 30 mph on the bypass, you simply say, "Bless her heart," and go your on way.
- ... "Gimme some sugar" is not a request for the white, granular sweet substance that sits in a pretty little bowl in the middle of the table.
- ... A country breakfast is red-eye gravy, grits, eggs, country ham and Mama's mouth-watering biscuits with jelly.
- ... To console a neighbor who's got trouble you take over a plate of hot fried chicken and a big bowl of potato salad. If it's a real crisis, you throw in a banana pudding.

From Ruth Boyer, Rich Square

- ... Yours was the only high school in the county to have a football team.
- ... You and your friends pooled your nickels and dimes to buy 50 cents worth of gas so you could cruise all Saturday afternoon.
- ... The county had only one movie theater.

From Yvonne Crenshaw, Rockingham

- ... You cut down a cedar tree for a Christmas tree.
- ... You know that you can't make and eat snow cream after the first snow because the snow's not pure.
- ... Your aunt told you, "If you can't be the corn, don't be the shuck."

From Larry Shreve, near Troublesome Creek

- ... Daddy dug a 4-inch square hole next to the log tobacco barn so you and your brother could get in barefooted and mix up red clay for chinking the logs.
- ... You made tunnel mazes in the hay loft with newly bailed hay.
- ... Your favorite apple tree was right beside the vegetable garden so that when you got tired of apples you could climb down and eat baby carrots, onions and ripe red tomatoes.
- ... You had a natural spring in the meadow in a grove of bamboo where you kept a drinking cup, but you had to be careful not to swallow a salamander or crawdaddy.
- ... When your cousin Ruby got too big for the bathtub, you would sneak down to the creek and peep on her bathing.
- ... When the wind blew hard in the old farmhouse, the linoleum on the kitchen floor would billow up.

From Joyce White, Candler

- ... You washed dishes in the school lunch room so you could eat free and spend your lunch money on junk.
- ... Your boyfriend could strum a few guitar chords like Billy Byrd and thought he was the stuff.
- ... You were dumb if you didn't "know big wood from brush."
- ... Your wardrobe consisted of blue jeans and two dresses all through grammar school.
- ... You learned good marksmanship by shooting rats around the barn with a .22 rifle.
- ... You earned 10 cents for emptying Grandpa's spit can and putting sand in it.
- ... When the grown-ups left the young'ns alone in the house, they said, "Don't be blowing in the pepper box."

From Amanda Pittman, Boone

- ... They played "Carolina Girls" at your wedding for your father/daughter dance.

If you know any that we haven't published, send them to:

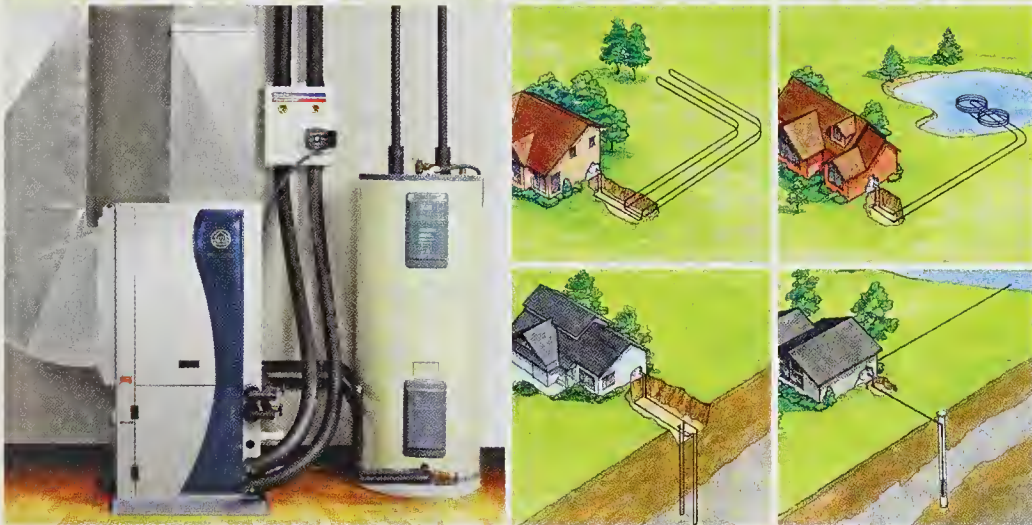
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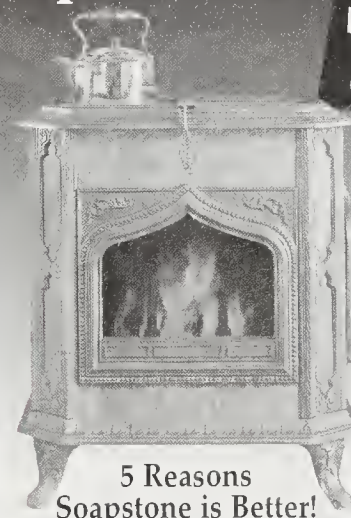


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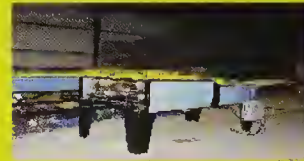
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3' 750 watts	75-100 s.f.	\$189	
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Getting To Know...

Carl August Sandburg

Born: January 6, 1878

Known for: Poetry and biographies

Accomplishments: Carl, called "Charlie" by his family, was born the second of seven children to Swedish immigrants in Galesburg, Ill. He worked from the time he was a young boy, delivering milk, harvesting ice, laying bricks, threshing wheat and shining shoes. Later, he traveled for a time as a hobo.

Although he attended Lombard College and worked as a reporter for the Chicago Daily News, Sandburg was virtually unknown to the literary world when his poems appeared in Poetry magazine in 1914. Two years later "Chicago Poems" was published, and the 38-year-old author was on his way to international acclaim. Sandburg published "Cornhuskers" in 1918, and wrote a searching analysis of the 1919 Chicago race riots.

More poetry followed, along with "Rootabaga Stories," a book of fanciful children's tales. Sandburg eventually won two Pulitzer Prizes, one for his autobiography of Abraham Lincoln and won for "The Complete Poems of Carl Sandburg."

In 1945, Sandburg and his family moved from the Midwest to Flat Rock, N.C. His celebrated estate, Connemara, gave him solitude to write, and he published more than a third of his works here. Sandburg died in 1967 at 89. His home is preserved by the National Park Service as the Carl Sandburg Home National Historic Site, where visitors can tour his former residence.

Quote: "Nothing happens unless first we dream."



The Carolina Northern Flying Squirrel



Look! What's that up in the sky? It's a bird! It's a plane! It's a squirrel?

Actually, contrary to popular belief, the Carolina Northern Flying Squirrel does not fly. Instead, it glides through the air by stretching out large folds of skin attached to its sides between its front and hind feet. Depending on its launch point, the squirrel can glide up to 30 meters (a little more than 98 feet).

Carolina Northern Flying Squirrels live in high-elevation forests in the southern Appalachian mountains of western North Carolina. They are active year-round but are nocturnal. Seeing them is a rare and special event. They feed primarily on fungi and lichens, but occasionally forage for insects, seeds and other vegetation.

Since 1985, the Carolina Northern Flying Squirrel has been on the Federal Endangered Species List due to diminishing areas of its habitat, which is crucial for foraging, nesting and breeding. However, the squirrel has gained renewed protection since the North Carolina Wildlife Action Plan identified it as a priority species.

Do You Know...

All animals produce electricity in their bodies, but some produce more than others?

The electric eel is nearly blind, so to look for its supper it uses its electric generating power as radar to sense other fish.

An electric ray is capable of producing an electric discharge varying from as little as 8 volts to up to 220 volts, depending on the species, to stun or kill prey.

Sharks don't use electricity to kill but they have sensing pits on either side of their heads that can detect tiny currents made by other fish as they swim by.

Two Jims Who Show Gems

Jims, Gems & Gold, a store about a mile east of Aberdeen in Moore County, offers the thrill of panning. Open Wednesday through Sunday, store visitors use genuine gold panning pans, learn about amethyst, citrine, quartz, pyrite, calcite, and see a wide variety of polished agates. The store offers discount rates for groups of 10 or more.

The two Jims who run it, Jim Jones and Jim Simmons, also travel to schools across North Carolina to educate students. They bring a mobile panning shed and a display board that shows gemstones in rough and polished states. Discussions include how rocks and minerals are used in everyday life, such as copper's ability to conduct electricity or how fluorite is used to make fluoride for toothpaste and drinking water.

Students pay \$5 each for rock bags, and there is no fee for the presentation. (910) 944-3703 or www.jimgemsandgold.com



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classroom
chuckle

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Student: Every month!

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Oh, Henry!

Have you noticed that most husbands of talkative women are very quiet?

Necessity is the smother of intention



Domi-No.s

G	H	O	7	S	T
---	---	---	---	---	---

X	7	S
---	---	---

G	O	B	L	I	N
---	---	---	---	---	---

Each letter stand for a digit in this multiplication problem. Repeated letters stand for repeated digits. Given S=7, can you find the missing digits that change the GHOST into a GOBLIN?

LIGHT VERSE

Officials in Hollywood will dispense birth-control pills to the community's growing army of poop-producing pigeons as a peaceful way of curbing their numbers...

The Week magazine

"Pigeons on the grass, alas..." pecking at the alien corn, unaware your benefactors wish that you were never born.

—cgj (with apologies to Gertrude Stein)

M	A	T	C	H	B	O	X	E	S
M	A	T	C	H	B	O	X	E	S

2							3			
Y	G	C	O	G	S	E	A	E	U	A

X	3
	U

X	2
	Y

DAFFYNITION

en•coun•ter One who counts en's. My copy of Webster's has 8¼ pages of 'em, from en (half an em) to enzymology (you could look 'em up). I did not count the entries, because I am not an encounter.

Use the code key below to create two multiplication problems by writing a digit over each letter. Solve the problems and write your answers in the box tops. Then match boxes to find two hidden words

0	1	2	3	4	5	6	7	8	9
N	O	Y	U	S	E	A	T	G	C

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ALNNOC = A X VAEVS
22016 = 2 X 95536

SEIVG = U X GCGO
45184 = 3 X 86754

MATCHBOXES

NITIBOG = S X IOST
29078 X 7 = 203546

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\$200,000	\$666.50	Power Arm	1.25***	6.52%

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October Events



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MOUNTAINS

Street Dances

Mondays, Hendersonville
(800) 828-4244
www.historichendersonville.org

Hot Nights & Hot Cars Cruise In

Oct. 6, Pilot Mountain
(336) 368-4850

Gallery Stroll

Oct. 4, Blowing Rock
(800) 295-7851
www.blowingrock.com

Western Piedmont Symphony

Oct. 5, West Jefferson
(336) 846-2787

Tweetsie Railroad Ghost Train

Oct. 5, Blowing Rock
(800) 526-5740
www.blowingrock.com

Gem, Mineral & Jewelry Show

Oct. 5, 6 & 7, Gastonia
(704) 864-4387

Hilltop Fall Festival & 5K Run

Oct. 6, Rutherfordton
(828) 287-2071
www.rutherfordtown.com

Tour de Pumpkin

Oct. 6, Rutherfordton
(828) 429-3900
www.rutherforddoutdoor.org

Brushy Mountain Apple Festival

Oct. 6, North Wilkesboro
(336) 667-7129

Farm City Day

Oct. 6, Jackson Park
(828) 697-4884
www.historichendersonville.org

NC Dance Theatre

Oct. 6, Spindale
(828) 286-9990
www.foundationshows.org

Fall Festival

Oct. 6-7, Brasstown
(828) 837-2775
www.folkschool.org

Scottish Heritage Festival

Oct. 7, Gastonia
(704) 866-6923
www.schielemuseum.org

The Glass Menagerie

Oct. 10-21, Blowing Rock
(828) 295-9627
www.blowingrock.com

Autumn Leaves Festival

Oct. 12-14, Mount Airy
(336) 786-6116

Jeep Jamboree

Oct. 12, 13 & 14, Murphy
(530) 333-4777
www.jeeppjamboreeusa.com

Color Me Curious Guided Hike

Oct. 13, Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

Southern Fried Jazz Band

Oct. 13, West Jefferson
(336) 846-2787

Mountain Glory Festival

Oct. 13, Marion
(828) 652-2215
www.mtngloryfestival.com

Gateway Festival

Oct. 13, Kings Mountain
(704) 739-1019

Autumn Leaves Craft Show

Oct. 13-14 & 20-21,
Lake Junaluska
(828) 648-0500
www.braca.org

La Musgana/Folk Ensemble

Oct. 14, Brasstown
(828) 389-0033

Mary Black in Concert

Oct. 18, Morganton
(800) 939-7469
www.commaonline.org

Fall Leaf Festival

Oct. 19-21, Black Mountain
(828) 686-8742

Country Fair

Oct. 20, Valle Crucis
(828) 963-4609
www.vallecountryfair.org

Arts & Crafts Festival

Oct. 20-21, Maggie Valley
(800) 624-4431
www.maggi valley.org

Jewish Food & Heritage Festival

Oct. 21, Asheville
(828) 253-4911

"Pump Boys & The Dinettes"

Oct. 24-Nov. 11, Blowing Rock
(828) 295-9627
www.blowingrock.com

"Say Goodnight, Gracie"

Oct. 25, Morganton
(900) 939-7469
www.commaonline.org

Animal Fiber Fair

Oct. 26-28, Fletcher
(828) 891-6045
www.saffsite.org

Haunting Creatures of Halloween

Oct. 27, Gastonia
(704) 866-6923
www.schielemuseum.org

Fare Game: Hunting, Flaying & Roasting

Oct. 28, Gastonia
(704) 866-6923
www.schielemuseum.org

American Indian Festival

Oct. 28, Gastonia
(704) 866-6923
www.schielemuseum.org

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Farmers Market

Through Oct. 27, Wake Forest
(919) 556-1579
www.wakeforestmarket.org

Lazy-O-Farm Maze Days

Through Oct. 31, Smithfield
(919) 934-1132

Oktoberfest

Oct. 4-14, Fayetteville
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26-31, Clayton
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Love Me Tender
Oct. 5-6, Smithfield
(919) 209-2099

Metric Century Bike Ride

Oct. 6, Fayetteville
(910) 433-1505
www.active.com

Sandhills Sankofa Festival

Oct. 6, Fayetteville
(910) 497-0628

Free Day at Botanical Garden

Oct. 6, Fayetteville
(910) 486-0221
www.capefearbg.org

Fireman's Carnival

Oct. 6, Micro
(919) 284-2572

Antique Tractor Show & Auction

Oct. 6, Archer Lodge
(919) 284-1114

Civilian Living History Program

Oct. 6, Four Oaks
(919) 594-0789

Railroad Days Festival

Oct. 6, Selma
(919) 975-1411

Open Hearth Cooking Demos

Oct. 6, Huntersville
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Big Super Late Model Race

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Holiday Craft Show

Oct. 6, Monroe
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American Music Jubilee

Oct. 6, 13, 20, 22 & 27, Selma
(919) 202-9927

Airforce Thunderbirds

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www.popebraggopenhouse.com

Horse Show Series

Oct. 6-7, Smithfield
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Renaissance Festival

Oct. 6-Nov. 18, Charlotte
(704) 896-5544
www.renfestinfo.com

Heritage Festival

Oct. 7, Fayetteville
(910) 486-0221
www.capefearbg.org

Latin American Festival

Oct. 7, Charlotte
(704) 337-2000

Pumpkin Festival

Oct. 13, Fayetteville
(910) 497-7443
www.handmadehomegrown.com

Uwharrie Mountain Festival

Oct. 13, Eldorado
(910) 572-4300
www.uwharriemountainfestival.com

Fall Festival

Oct. 13, Gibsonville
(336) 449-7488

Folklife Festival & Craft Show

Oct. 13-14, Huntersville
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John Blue Cotton Festival

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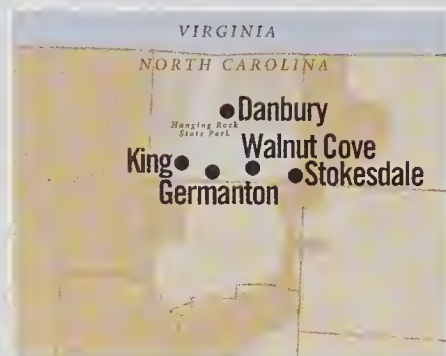
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Breathtaking Lower Cascade Falls is one of the easiest waterfalls to access in Hanging Rock State Park.

Expect a rich mix of history and country beauty here, but don't bring your gila monster or boomslang. Stokes has an ordinance against such exotic creatures. Nevertheless, the towns still offer the hospitality that once made the area famous for its fashionable mineral springs and resort hotels. You can still see the old Vade Mecum Hotel, which once hosted croquet and burro parties. Located near Danbury, the property now houses Sertoma 4-H Center retreat and camping programs. The Dan River flows appealingly through Stokes and public access points let paddlers pick a good trip length. In Danbury, the county seat, look up and you'll see a towering courthouse, circa 1904, and the Sauratown Mountains, an ancient range named for the Saura Indians. Or look inside the Dan River Art Market where more than 75 artisans exhibit works such as original paintings, woodcarvings, blown glass and Indian flutes. Nearby, Artist's Way Creations serves chicken salad croissants and fresh pumpkin rolls. In operation for 49 years, Hillbilly Hideaway Restaurant, located between Walnut Cove and Stokesdale, has music on Saturdays, country ham and hoecakes. In King, the largest town with more than 6,200 folks, you can savor a Cherry Smash at King Drug's soda fountain or a jumbo hot dog at Dairi-O.

Three top spots:

Priddy General Store: Two miles east of Danbury, this two-story country store once served as a post office and bank. Now it's known for its old-fashioned candy, hoop cheese, antiques, "newtiques" and hardware. During October there'll be pickin' at Priddy's, live bluegrass music on Saturdays 3 to 5:30 p.m. Bring your lawn chair. (336) 593-8786 or www.priddysgeneralstore.com

Hanging Rock State Park: Four miles northwest of Danbury, Hanging Rock's 6,000 acres offers boating, horseback riding, camping, cabins, fishing and rock climbing. Twelve trails offer spectacular views of waterfalls, rippling creeks, rocky cliffs, the rolling Piedmont and Blue Ridge Mountains. (336) 593-8480 or www.ils.unc.edu/parkproject/visit/haro/home.html

Germanton Winery & Art Gallery: Located in Germanton, the oldest settlement in Stokes County, this winery offers a variety of North Carolina wines and its gallery represents more than 80 artists from around the globe. (336) 969-612 or www.germantongallery.com

Learn of other nearby adventures and events:
(800) 847-4862 VISIT NC
www.visitstokesnc.com

Ghastly Ghost Tour

Oct. 18–27, Fayetteville
(910) 486-0739
www.faydogwoodfestival.com

Galaxy of Colors Quilt Show

Oct. 19–21, Sanford
(919) 774-8957

Oktoberfest

Oct. 20, Fayetteville
(910) 232-4234
www.fayettevilleoktoberfest.com

Doc Watson & David Holt concert

Oct. 20, Clayton
(919) 553-1737

Laughing With The Legends

Oct. 20, Smithfield
(919) 209-2099

Fall Fest Bluegrass Festival

Oct. 20, Denver
(803) 328-3224

Fall Festival

Oct. 20, Monroe
(704) 238-8883
www.unionacademy.org

Ghost Walk

Oct. 25, Smithfield
(919) 934-2836

Fall Festival & Ghost Walk

Oct. 25, Albemarle
(704) 984-9415

North Carolina Symphony

Oct. 25, Fayetteville
(919) 733-2750
www.ncsymphony.com

Fourth Friday

Oct. 26, Fayetteville
(910) 323-1776
www.theartscouncil.com

Civil War Ghostwalk

Oct. 26–27, Huntersville
(704) 875-2312
www.lattaplantation.org

Horse and Mule Days

Oct. 26–27, Denton
(336) 859-2755
www.threshers.com

Art Guild Competition

Oct. 26–Nov. 21, Fayetteville
(910) 433-2986
www.capefearstudios.com

Heritage Day

Oct. 27, Kenly
(919) 284-3431

Oak-Tober Fest

Oct. 27, Four Oaks
(919) 963-1160

Fall Bazaar

Oct. 27, Smithfield
(919) 934-2148

Bob Timberlake Open House

Oct. 27, Lexington
(800) 244-0095
www.bobtimberlake.com

Fall Festival, Car Show, Costume Contest

Oct. 27, Mayodan
(336) 427-2936

18th Century Trade Faire

Oct. 27–28, Statesville
(704) 873-5882
www.fortdobbs.org

Trick or Treat Off The Street

Oct. 31, Smithfield
(919) 989-8757

Downtown Trick or Treat

Oct. 31, Fayetteville
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Halloween Parade

Oct. 31, Clayton
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www.newbernhistorical.org

Charity Golf Classic

Oct. 4, Edenton
(252) 482-6440
www.visitedenton.com

"Hello, Dolly"

Oct. 4–9, Greenville
(252) 328-6829
www.ecuarts.com

Cycle NC Fall Ride

Oct. 5, Edenton
(919) 361-1133
www.cyclenorthcarolina.org

Beach Surf Fishing Tournament

Oct. 5–6, Atlantic Beach
(252) 725-0785

Pirates & Treasure Hunt

Oct. 5–6, Wilmington
(910) 815-3426
www.invasionofthepirates.com

Riverfest

Oct. 5–7, Wilmington
(910) 452-6862
www.wilmingtonriverfest.com

Flora McDonald

Highland Games
Oct. 5–7, Red Springs
(910) 843-5000
www.capefearscots.com

Peanut Festival

Oct. 6, Edenton
(252) 482-8595
www.visitedenton.com

Chili Cook-off

Oct. 6, Edenton
(252) 482-4300
www.visitedenton.com

Craft Bazaar

Oct. 6, Edenton
(252) 426-1982
www.visitedenton.com

Sound Side Craft Bazaar

Oct. 6, Hertford
(252) 426-1982

Heritage Day

Oct. 6, Grantsboro
(252) 745-2239

Elizabethan Tymes:

A Country Faire
Oct. 6–7, Roanoke Island
(252) 475-1500

Just Horsin' Round Horse Show

Oct. 6–7, Williamston
(252) 753-8069
www.justhorsinround.com

Cape Fear Scarecrow Festival

Oct. 6–Nov. 4, Wilmington
(910) 251-0727
www.dbawilmington.com

Benefit Horse Show

Oct. 11–13, Williamston
(704) 489-2000
www.raycloninger.com

Oktoberfest

Oct. 12, Edenton
(252) 482-2097
www.visitedenton.com

Denim & Diamonds Fundraiser

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(252) 482-8005
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The Greencards in Concert

Oct. 13, Bayboro
(252) 249-3670

Alzheimer's Memory Walk

Oct. 13, Washington
(252) 944-3446

Seafood, Blues & Jazz Festival

Oct. 13–14, Kure Besch
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Ravel Trio concert

Oct. 13–14, Manteo
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www.roanokeisland.com

Oktoberfest

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www.capefearhabitat.org

**Chili Festival &
Big Boy Toy Show**

Oct. 19–20, Havelock
(252) 447-1101
www.havelockchamber.net

Halloween Festival

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www.poplargrove.com

**Cystic Fibrosis Foundation
10K Walk**

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(252) 482-6664
www.visitedenton.com

Old School Sorghum Festival

Oct. 20, Garland
(910) 564-5069
www.oldschoolsorghum.com

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Beer Fest**

Oct. 20, Wilmington
(910) 256-8622
www.lighthousebeerandwine.com

Coin Show

Oct. 20–21, Wilmington
(910) 383-2255
www.lcfcc.org

Horse Show

Oct. 20–21, Williamston
(252) 527-3887
www.nceha.com

Historical Association

Fall Party
Oct. 21, Beaufort
252-728-5225
www.beauforthistoricsite.org

Trick-or-Treat Under the Sea

Oct. 25, Kure Beach
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www.ncaquariums.com

Build A Boat Day

Oct. 25, Roanoke Island
(252) 475-1750

Ghost Walk

Oct. 26–27, New Bern
(252) 638-8558
www.newbernhistorical.org

Mopars Car & Truck Show

Oct. 27, Wilmington
(910) 270-3351

NCDCTA Mainline

Dressage Horse Show
Oct. 27–28, Williamston
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www.ncdcta.org

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Saving annuals

Bedding annuals such as impatiens, begonias and coleus may be dug and potted, then brought inside to survive the winter. If you lack space for large houseplants, you can also keep cuttings of these succulent-stemmed plants alive in water. Cut 4- to 6-inch sections of stem and place in water in a small jar, bottle or vase. Pinch blooms and remove any leaves below the water line. When roots form, plant in small pots and keep in a sunny location. Cuttings also can survive in water alone. Just be sure to keep the containers filled with water above the root line, trimming roots a bit if they become too matted. These can then be potted closer to spring and re-introduced into the garden after danger of frost. Ornamental sweet potato vines and fuschias may also be propagated this way.

Up-to-the-minute leaf-peeping

What's the forecast for autumn leaves? Plenty of hotlines and Internet resources exist to point fall foliage hounds toward their quarry. The U.S. Forest Service provides an update on a Web site (www.cs.unca.edu/nfsnc/press/fall.htm) and by phone (800-354-4595). You can also check the forecast at www.exploreasheville.com, www.weather.com/activities/driving/fallfoliage, www.mastgeneralstore.com/fallcolor/fallcolorupdate.php3 and www.visitnc.com (1-800-VISIT-NC). If you can't make it west to enjoy the autumn plumage of North Carolina's mountains, pay a virtual visit through live "foliage cams" at www.earthcam.com/features/fallcams/2002. For a look at how you can enliven your own autumn landscape, check out these photos of worthy tree and shrub species in their fall finery: www.usna.usda.gov/PhotoGallery/FallFoliage/FallFoliage01.html and www.urbanext.uiuc.edu/fallcolor/trees.html.

Perennial foliage flair

Trees aren't the only source of fall foliage interest in the landscape. On a smaller scale, many garden perennials also sport colorful leaves. Balloonflowers and bluestars (*Amsonia*) have attractive yellow leaves in autumn; cranes-bill geraniums, peonies and some epimediums cover the red end of the spectrum. The native vine/groundcover Virginia creeper has lovely red autumn leaves. In the mid-size range, native shrubs with outstanding fall color include oakleaf hydrangea and Virginia sweetspire, which greet the season in a cloak of burgundy-purple leaves; bottlebrush buckeye, which has lemon yellow to yellow-green autumn leaves; and viburnums, which have leaves in red or gold hues, depending on species.

Hort Shorts

- ▶ Plant daffodils, crocus, tulips, hyacinths and other spring-blooming bulbs now through December. The optimal planting time is when the soil temperature at the planting depth has dropped below 60 degrees.
- ▶ Good drainage is essential for spring-flowering bulbs. Amend clay or heavy soils with organic matter.



A variety of resources reveal fall foliage updates, including a live cam at www.earthcam.com/features/fallcams/2002.

- ▶ Freshly dug sweet potatoes should be "cured" to heal any wounds to the skin and to jump-start the conversion of starches to sugar. Cure harvested potatoes by letting them remain in the warmest room of the house for a week or two, then store them in a cool place (50–60 F) for six to eight weeks for the sweetest flavor.
- ▶ Remove and destroy the dead foliage from canna lilies after frost to reduce infestation of leaf-roller caterpillars. The pupae of these pests overwinter in the leaves.
- ▶ Plant cover crops in fallow winter beds. Clover, annual rye, barley and buckwheat are a few examples of plants that will improve soil structure and suppress weeds. These can be turned under in spring before planting new crops.
- ▶ Planting trees too deep is a major cause of tree mortality. Determine the proper planting depth by identifying the trunk's "flare," the place where the roots begin to branch from the trunk. The flare should be visible above the existing grade after planting. This may require planting the root ball 1 or 2 inches above ground.
- ▶ Stay abreast of drought conditions and regulations in North Carolina at www.ncdrought.org.



Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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Setting back your thermostat can boost energy savings

Selecting the proper temperatures throughout the day and night on your thermostat can be a bit confusing. You want to balance comfort with energy and dollar savings. During cold weather months, it is surprising how comfortable you can be at a lower indoor temperature once you become accustomed to it.

It actually does save energy overall if you lower the temperature setting on your central furnace or heat pump thermostat. The actual amount of dollar savings depends primarily upon how low you set the thermostat, how long you have it set back and, to a lesser degree, your climate.

There also other advantages to lowering the thermostat setting during winter. If your house temperature is lower, it requires less moisture indoors to keep the indoor air at a given relative humidity level. The fact that your furnace or heat pump runs less at a lower indoor temperature means the equipment will last longer and possibly require less maintenance.

If you look at setback savings charts, don't be confused by the fact that the percentage savings are actually higher in milder weather than in colder weather. This is because the total amount of energy used to keep a house comfortably warm in cold weather is much greater than in warm weather. This makes the base number larger in cold weather so the percentage savings are less even though the dollar savings are greater.

It is a common myth that it takes as much energy to reheat a house, in the morning for example, as was saved during the temperature setback period overnight. The amount of heat a house loses through its walls, ceilings and floors is directly proportional to the difference between the indoor and the outdoor temperatures. Air leakage into and out of your house also increases with larger temperature differences.

When the indoor temperature is set lower, the indoor-to-outdoor temperature difference is smaller so less heat is lost from your house. During the summer, the same is true in reverse. If less heat is lost from your house, your HVAC has to use energy to create the heat to replace it. The amount of heat used to reheat the house, therefore, is less than the amount saved over the temperature setback period.

The only time a temperature setback may not be wise is if you have a heat pump with backup electric resistance heat and an old thermostat. When it is time to reheat the house and you set the thermostat higher again, the expensive backup electric resistance heater may come on. For a long 8-hour setback, you will likely still save overall, but not for just a short, couple-of-hours setback.

If you have a heat pump, you can install a special setback thermostat designed for heat pumps. These heat pump thermostats have electronic circuitry to keep the backup resistance heating elements off after the setback period. My own heat pump thermostat works this way and it also allows me to block out the resistance heating when the outdoor



An inexpensive fan/space heater has a built-in thermostat to control the room temperature.

temperature is above a certain temperature. I have mine set at 20 degrees.

There is not a "best" thermostat setting for all homes and climates. The lower you set it, the greater the overall savings will be. The amount of savings per degree for each nighttime 8-hour setback period ranges from 1 to 3 percent. Since many people are also gone working during the daytime, the temperature can be set lower for about 16 hours per day. Unless there are some health problems in your family, 62 degrees is comfortable if you are wearing long sleeves or a sweater.

In moderate climates, let your comfort dictate how low you initially set the furnace or heat pump thermostat. As you get used to the lower temperatures and wear a sweater, you will be able to gradually lower it more. In colder climates, excessive window condensation often limits how low the indoor temperature can be set. To set the temperature lower, you will have to reduce the indoor humidity level.

Use smaller room-heating appliances with built-in thermostats to keep just a room or two warmer if you like. Reiker (www.buyreiker.com) makes ceiling fans with a built-in heater and remote digital thermostat. Soleus (www.soleusair.com) makes a very efficient portable heat pump with a thermostat and remote control. Many inexpensive electric space heaters also have thermostats for zone heating.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

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Apple Snack Squares

- 2 cups sugar
- 2 eggs
- $\frac{3}{4}$ cup vegetable oil
- $2\frac{1}{2}$ cups self-rising flour
- 1 teaspoon ground cinnamon
- 3 cups diced peeled tart apples
- 1 cup chopped walnuts
- $\frac{3}{4}$ cup butterscotch chips

In a bowl, combine sugar, eggs and oil. Stir in flour and cinnamon (batter will be thick). Stir in apples and nuts. Spread into a greased 13-by-9-by-2-inch baking pan. Sprinkle with chips.

Bake at 350 degrees for 35–40 minutes or until golden and a toothpick inserted near the center comes out clean. Cool before cutting.

Yield: 2 dozen

Vegetable Brown Rice

- 2 cups water
- 1 cup uncooked brown rice
- $\frac{1}{2}$ teaspoon dried basil
- 2 medium carrots, peeled and cut into thin 1-inch strips
- 1 cup chopped onion
- 9 green onions, cut into 1-inch strips
- $\frac{1}{2}$ cup raisins
- 2 tablespoons olive oil
- 1 package (10 ounces) frozen peas, thawed
- 1 teaspoon salt
- 1 cup pecans halves, toasted

In a small saucepan, bring water to a boil. Stir in rice and basil. Reduce heat to medium-low; cover and simmer for 30–35 minutes or until rice is tender and water is absorbed.

In a large nonstick skillet, stir-fry the carrots, onion, green onions and raisins in hot oil for 5–7 minutes or until vegetables are lightly browned. Add the peas and salt. Cook for 1 minute or until vegetables are tender. Stir in pecans and rice; heat through.

Yield: 9 servings



Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com

Winning reader recipe

Great Meatballs w/Sauce

- $1\frac{1}{2}$ pound ground chuck
- $1\frac{1}{2}$ pound ground turkey
- 2 eggs
- 1 can evaporated milk
- $\frac{1}{4}$ teaspoon garlic powder
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon black pepper
- 2 teaspoon chili powder
- 1 medium onion, chopped and diced
- 1 cup of oatmeal
- 1 cup saltines, finely crushed

Mix together ground chuck and turkey, set aside. Mix remaining ingredients; then add ground meats. Form ingredients into 1–1 $\frac{1}{2}$ -inch balls and bake at 350 degrees for 15 to 20 minutes or until firm. These may be frozen at this point when cooled.

Finger Lickin' Sauce

- 2 cups catsup
- 1 cup brown sugar
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{8}$ teaspoon cayenne pepper

Simmer in crockpot until flavors are blended. Add meat balls and let sauce be absorbed by the meat balls before serving.

Dreama Lilly, a member of Central EMC, will receive \$25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

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a plan which pays up to \$35,000 to help your family cover your last expenses – worldwide.

- Protection up to \$35,000
- Benefits begin first day
- Eligible up to age 85
- No physical exam required, based on coverage
- No waiting period
- Proceeds immediately available at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day
- Whole Life Insurance Policy 4-790(92)
Underwritten by Standard Life and Casualty Insurance Co

CLIP AND MAIL COUPON TODAY!

ACT NOW!

Peace of Mind
3700 Forest Drive Suite 205
Columbia, SC 29204

Yes, I would like to know more about peace of mind!

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Telephone _____

MAIL THIS COUPON TODAY TO RECEIVE
FULL DETAILS WITHOUT OBLIGATION

CC 10/07

MOST HEALTH CONDITIONS ACCEPTED!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (non-tobacco)	<u>Female</u> (non-tobacco)
5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply